



Maricopa County

News Release

**Department of
Public Health**
1825/45 E. Roosevelt St.
Phoenix, AZ 85006
Phone: 602-506-4826
Fax: 602-506-6885
publichealth.maricopa.gov

For additional information: Doug Hauth, Public Information Officer
(602) 506-4926, Pager (602) 205-3002
Stacy Weltsch, Public Information Specialist
(602) 506-6607

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Flu Update for Maricopa County

Phoenix -- Maricopa County Department of Public Health, in cooperation with the local healthcare community partners, public safety and state and federal officials continue in a joint effort to fight influenza.

Consistent with CDC recommendations, local county health officials are encouraging health providers to reserve immunization supplies for people at high-risk for complications stemming from influenza. Most healthy people will more than likely recover with no complications.

"It's important to remember that for healthy people, for the vast majority of us, influenza is an annoying illness, it's certainly not fun, but it's something that we will recover from with common sense self care," Gerberding said. "It's not necessary to go to the emergency room or to visit a physician simply because you have the flu. The treatment is good old-fashioned rest, fluids and the over-the-counter medications that we typically use to treat symptoms."

In addition, the Department of Health Services asked hospitals and other health care providers to closely monitor and to report any patients with drug-resistant bacterial infections and influenza. Healthcare providers are already being more vigilant than they have in past years with testing for and reporting influenza.

Precautions recommended to keep from getting the flu include:

- Clean hands often with soap and water or with an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Eat well, exercise and get plenty of sleep to keep up your immune system.
- Get vaccinations for flu and pneumonia as recommended for your age and health conditions. Vaccination can prevent many of the serious complications resulting from these respiratory illnesses

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Currently, the Maricopa County Department of Public Health is reporting 685 laboratory confirmed flu cases. The total number of cases reflects voluntary reporting of confirmed flu tests from private labs, private physicians and healthcare organizations Valley wide over the past 3 months. Due to the increased awareness of flu in the Valley, many local laboratories have recently begun submitting their positive laboratory reports to MCDPH, including those from earlier in the season, and therefore the sudden increase in the total number of flu cases reported.

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